

December 2015 to March 2016 - 50 and Wiser Programs

Provides recreation and social opportunities for those baby boomer age and beyond!

For more information contact: Lynn Hoy - lynnt@harrisonburgva.gov

You will notice that some of our programs are now moving up to the Price Rotary Senior Center. This great facility now has some spare time available to us to program. We are going to use the space for some fun new programs and we want to make it a great place to come and enjoy meeting other active 50+ citizens. It is located in Westover Park behind the CFG/CAC at 305 South Dogwood Drive. Please let us know what activities you would enjoy and would like to see offered!

WEIGHT ROOM CIRCUIT TRAINING

Instructor: June Hosaflook - Location: CFG/CAC

By using the equipment in our weight room, you'll be able to develop and improve the strength, balance, and flexibility needed to sustain a healthy, active lifestyle. This class is designed especially for those 60 and older, who have little or no experience with weight training.

CAC Members \$20 / Non Members \$30 / Ages 50+

141414A1 Tue/Fri Jan 5-29 10:30-11:30am

141414A2 Tue/Fri Feb 2-26 10:30-11:30am

141414A3 Tue/Fri Mar 1-29 10:30-11:30am

CARDIO & STRENGTH

Instructor: Frank Campbell/Warren Stimpson - Location: CFG/CAC

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome.

City Res \$36 / Non-Res \$43 / Ages 50+

140500A1 Tue/Thu Jan 5-Feb 11 5:30-6:15pm

140500A2 Tue/Thu Feb 23-Mar 31 5:30-6:15pm

ZUMBA GOLD

Instructor: Margaret "Muff" Perry - Location: CFG/CAC

This Zumba Gold class is especially designed for active older adults, especially those who want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and internationally inspired dance fitness workout. Join the party!

City Res \$20 / Non-Res \$22 / Ages 50+

140502A1 Tue Jan 5-Jan 26 6:30-7:30pm

140502A2 Tue Feb 9-Mar 1 6:30-7:30pm

PICKLEBALL

Coordinator: Ed Steele, Lynn Hoy - Location: CFG/CAC

Meet your friends or call and come once a week for a rousing Pickleball game or three. We furnish all equipment. (No Pickleball on Dec 24 & 31; Feb 4; Mar 31)

Free Thu Ongoing 12-3pm

SATURDAY MORNING PICKLEBALL

Coordinator: Lynn Hoy - Location: Simms Center

Come play a couple of Saturday mornings this winter. We furnish all equipment.

Free Sat Jan 9, 23/Feb 6, 20/Mar 5, 26 9am-12pm

LADIES PICKLEBALL CLINIC

Coordinator: Lynn Hoy - Location: Simms Center

Come out and learn the game from other ladies. This is a great game and good exercise, stick around and play the rest of the morning.

Free Sat Jan 9 8-9am

50 & WISER YOGA LEVEL 1

Instructor: Patricia Kearney - Location: CFG/CAC

Yoga is a happy medium for those who need balance strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$31 / Non-Res \$37 / Ages 50+

140525A1	<i>Mon</i>	<i>Jan 4-Feb 8</i>	<i>5:30-6:30pm</i>
140525A2	<i>Wed</i>	<i>Jan 6-Feb 10</i>	<i>5:30-6:30pm</i>
140525A3	<i>Mon</i>	<i>Feb 22-Mar 28</i>	<i>5:30-6:30pm</i>
140525A4	<i>Wed</i>	<i>Feb 24-Mar 30</i>	<i>5:30-6:30pm</i>

EXTRA GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC

Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy.

City Res \$31 / Non-Res \$37 / Ages 50+

140526A1	<i>Thu</i>	<i>Jan 7-Feb 11</i>	<i>6-7pm</i>
140526A2	<i>Thu</i>	<i>Feb 25-Mar 31</i>	<i>6-7pm</i>

SILVER SNEAKERS

Let's get moving, join fellow 50 years + walkers at Purcell Park. We will meet at Kids Castle and walk for about an hour or until you get tired. The program will be weather permitting and it is a drop in program so join the fun and meet new friends. FREE and all levels and ages are welcome!

Mon/Wed/Fri *Dec 2- ongoing* *9-10am*

THURSDAY AFTERNOON BOWLING

Location: Valley Lanes

Enjoy bowling in a relaxed atmosphere where fun is the name of the game. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks, with a party on the 17th week where prizes are awarded for a number of categories. \$9 per person includes 3 games, shoes and ball. No registration necessary. Next sign up for teams Jan 7.

All Participants \$9 *Ages 50+* *Thu* *1-3pm*

WEDNESDAY AFTERNOON GAMES

Location: Price Rotary

Come join the fun. We already have a table of pinochle playing and we are looking to add poker, dominoes, corn hole bean bag toss and canasta. If you are interested in joining the group at our new GREAT LOCATION, come join us. We have a great space and can have a great afternoon of Fun. (Nov 25-Dec 30 we will meet at the CFG/ CAC)

Free *Wed* *Dec 2 -Ongoing 1-3pm*

BENNY'S BLANKETS

Location: Price Rotary

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do a lot more than just crochet! If anyone has any yarn to donate to the program, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the Administrative Office.

Free *Tue/Thu* *Dec 1-Ongoing 9-11am*

BROWN BAG LUNCH

Pack your lunch and come to the Price Rotary LOUNGE at the Senior Center. We will eat our lunches and have a topic of discussion afterwards. The topics will be fun and informative ideas like making jewelry, couponing, making different oils and vinegars and guest speakers. I will provide the drinks; you just need to pack your lunch. Our January speaker will be Jeanne Krause speaking on "Replacing Your Medicine Chest". This is a free program; however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu Jan 21, Feb 18, Mar 24 11:30-1:30pm

LUNCH BUNCH

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at different restaurant each month. Check your calendar and join us! Please register by the Monday that week, so we can let the restaurants know we are coming. All lunches are from 11:30am-12:45pm on Thursday. Fee: Order off menu.

140540A2	Jan 28	Jimmy Madison's- 121 S. Main St, Hburg
140540A3	Feb 25	Village Inn- 4979 S Valley Pike, Hburg
140540A4	Mar 31	Bella Luna- 80 W Water St, Hburg

BLEAK MIDWINTER DINNER & MUSIC

Come out and meet your friends or make new ones on Saturday, March 5 and enjoy live "Ole Time" and country music after eating a great dinner at Traditions Restaurant (625 Mt. Clinton Pike, Hburg) The cost is the price of the buffet (approximately \$20). We will start getting together around 5pm, eat at 5:30pm and the music will start in a private room at 6:30 and end at 9pm. Music will be provided by "2 Guns Last Class" band. Please email lynnt@harrisonburgva.gov or call 433-9168 to let us know you are coming.

Sat Mar 5 5-9pm

50+ SOCIAL CLUB

We know that there are a lot of 50 years and older people looking for something to do in the evenings. Like me, a lot of us are still working until 5:00pm but would like something fun to do when we get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact me (lynnt@harrisonburgva.gov or (540)433-9168) and get put on a list and keep you notified of what fun stuff we have planned. The January outing will be appetizers and drinks at The Golden Pony at 181 N Main St, Harrisonburg on Thursday, Jan 7th at 5:00pm.

BEGINNING CROCHET

Instructor: Meki Shifflett - Location: Price Rotary

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a beautiful scarf. A supply list will be handed out at the first class (approximate cost: \$8.00).

City Res \$30 / Non-Res \$36 / Ages 50+

140571A1	Tue	Jan 5-26	1-3pm
140571A2	Tue	Mar 1-22	1-3pm

BOOK CLUB

Location: Price Rotary

This "new" book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. No one in this book club should feel obligated to read EVERY book, EVERY month. You do not have to read any or all the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight and make new friends. We will meet the first Monday of each month. FREE, registration appreciated.

140556A1 Mon Dec 7/Jan 4/Feb 1/Mar 7 2pm

BISCUITS & BINGO

Join us the last Wed of each month at the Harrisonburg Chick-Fila. Participants receive a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. December B&B will take place on Dec 23.

FREE Ages 50+ Wed Jan 27-Ongoing 9-10am

P.Y.O.C.(PAINT YOUR OWN CANVAS) ART CLASS

Instructor: Suzanne Soliday - Location: Price Rotary

It's time to unleash the artist within! Light-hearted painting lessons are given in a step-by-step presentation to help you create and walk away with your own masterpiece. The January selection is "Snowy Cardinals" and the March selection is "Rockin' Rooster". Class fee includes all materials need.

City Res \$35 / No-Res \$38 / Ages 50+

140900A1 *Wed Jan 13 9-11:30am*

140900A2 *Wed Mar 9 9-11:30am*